

AL-QAIDA FREES CANADIAN DIPLOMATS, PG 4



Metro wins media award

SPAIN Metro International SA has just been named Newspaper of the Year at the Festival of Media Awards, in Valencia, Spain.

The awards celebrate innovation and creativity and are widely recognized as the largest celebration of media in the industry. Metro International won this prestigious title over internationally acclaimed publications including the Financial Times and the Wall Street Journal.

"Metro has been dedicated to inventing new and creative formats for advertisers for the past decade and on behalf of all our amazing staff I'm very, very proud to have been given this honour," said CEO Per Mikael Jensen. "It proves that even with the highest editorial standards, which Metro prides itself on, you can produce exceptionally efficient advertising that can compete — and beat — any other formats, on TV, radio or online."

Comment pg 6

Music means a lot



Real Estate pg 9

First-timers go to Oliver

Food pg 11

Gems under the glass

Peru Seeds of the future



Students hold balloons containing seeds of trees that will be released when the balloons burst at a ceremony called Rain Of Seeds For Our Ground, held to celebrate Earth Day in Lima, Peru, yesterday.

Leads heating up in cold case

INVESTIGATION New life could soon be breathed into a case gone cold, police officials said yesterday, with leads getting warmer to the killer of a 23-year-old man shot in the dead of winter.

Mitchell Chambers was killed while he sat in his running truck on Dec. 7 in front of a home at 4703 - 188 St. Though he was targeted, he wasn't slain by gangsters, or over drugs.

"He was an innocent person of unfortunate circumstances," Staff Sgt. Bill Spinks said yesterday. "Though we believe he was the intended person."

Investigators have narrowed their search for a killer down to one suspect, but don't have enough evidence for an arrest. They're hoping those with unrevealed information about the case will come forward

as does the victim's family.

"This crime was a senseless act of violence and we hope that the person responsible is brought to justice," the victim's cousin, Jennifer Warren, said.

Police are using the lack of recent murders to their advantage, by taking time to crack open cold cases, Spinks added.

VICTORIA HANDYSIDES/
METRO EDMONTON

Screams from the streets

Possible murder probed

VICTORIA HANDYSIDES victoria.handysides@metronews.ca

Screams from a house within spitting distance of Christine Green's bedroom window ripped her from her sleep yesterday morning.

Though unsettled, the 42-year-old mother wasn't overly shaken. Gunshots and cries of violence are the soundtrack to her Alberta Avenue neighbourhood, she said.

"Screaming isn't uncommon here — you hear it every day," she said, standing steps away from the police-taped stucco bungalow where a body was found shortly before 6 a.m. "This area is full of prostitutes and drug dealers."

At least one woman and two men were heard shouting from the deteriorating home at 11914 - 81 St., which had sat vacant for months until new tenants moved in two days earlier, she said.

Residents peered from windows on the street lined with low-rent walk-up

apartments and deteriorating homes yesterday morning. The body was carried out shortly after officers arrived.

"I can't wait to get out of this neighbourhood. I've had people jumping on my balcony trying to get in and come through my front door," Green said, adding she has lived in the area for eight months. "It's bad. People say it's cleaning up — but it's not. It's getting worse."

Another neighbour described the landlord of the house as a "nice guy" who lived in the home for 50 years before new tenants moved in, but agreed that the street is overrun by unsavoury characters.

Police have yet to rule the death as a homicide.

"We want to make sure that everyone in the family knows," said Staff Sgt. Bill Spinks.

"We'll give out more information when we can."

ShareYourViews
edmontonletters@metronews.ca



CANADA'S MOST RELIABLE NETWORK

FEWEST DROPPED CALLS | CLEAREST RECEPTION

rogers.com/reliable

ROGERS™

Most reliable network claim refers to call clarity and dropped calls test results as conducted by Rogers and a recognized third-party research company in the majority of urban Canadian centres within the Rogers Wireless footprint, comparing services of other major wireless providers.

TMTrademarks of Rogers Communications Inc. used under license. © 2009 Rogers Wireless.

Free Daily News Group Inc., operating as Metro Edmonton. 10123 - 99 Street NW Edmonton, Alberta T5J 3H1. Publisher: Steve Shroud



You'll be glued
to the TV.

With all digital TELUS TV® you get:

- Superb picture and sound quality
- Over 200 channels to choose from
- The flexibility to build the package that's right for you

Sign up now and receive a FREE HD-ready PVR rental!*

Add TELUS TV to a
home bundle from only

\$15/mo.*



the future is friendly®

Call 310-1144 or visit telus.com/gettv or your nearest TELUS authorized dealer.

TELUS AUTHORIZED DEALERS

Malls

Kingsway Garden Mall
West Edmonton Mall
Southgate Mall
Londonerry Mall
City Centre Mall
Northgate Mall
Mill Woods Town Centre

Downtown

TELUS Plaza North

West

14903 - 118th Ave.

St. Albert

St. Albert Centre
Unit 30 - 200 St. Albert Rd.
20 Muir Dr.

Southeast

Bonny Doon Shopping Centre

*Offer available with a 1, 2 or 3 year service agreement until May 4, 2009 to residential clients who have not subscribed within the past 90 days to TELUS TV service and who have TELUS High Speed Internet service. \$15 includes the Essentials which includes 76 pre-selected channels. Further customization is available for an additional cost. †Free PVR rental available with a 3 year service agreement. TELUS reserves the right to change the channel lineup. © 2009 TELUS.

Alberta greener than most provinces, report says

Alberta hasn't been dubbed the greenest province in Canada, but it's not the worst, says a new report card released by the Corporate Knights on Earth Day yesterday. Alberta did better than Quebec, Manitoba, Prince Edward Island, Saskatchewan, New Brunswick, Newfoundland and Nova Scotia. METRO EDMONTON

Local

Parks and Recreation with Amy Poehler

9:30 Tonight



Two women face murder charges

HINTON Two Hinton women were handed murder charges yesterday, in connection with the stabbing of a man who died Monday.

Betty Ann Desjarlais, 49, and Corinna Kelley, 46, were each charged with second-degree murder in connection with the death of Robert Thomas.

Bail hearings were held for both women yesterday.

METRO EDMONTON

metronews.ca

What's online today.

Video Jim Flaherty sees positive economic signs, but warns unemployment will remain high at

metronews.ca/canada

Blog Hollywood

Rants blasts Billly Bob Thornton's unapologetic appearance on Jimmy Kimmel

Lotteries

Lotto 6/49: 10, 12, 21, 38, 41 & 42 Bonus 28
These results are not official.

Groups push green jobs

\$2-billion investment would employ 14,000 within two years: Report

JEFF CUMMINGS

jeff.cummings@metronews.ca

Alberta's government needs to spend billions to create hundreds of thousands of green jobs in order to dig the province out of the global recession, urged the Alberta Federation of Labour and two environmental groups during Earth Day yesterday.

And if the Tory government spends the \$2 billion now, 14,000 jobs can be created over the next two years, said a released report commissioned by the AFL, Greenpeace and the Sierra Club.

Those jobs could include electricians, heating and air conditioning installers, carpenters, construction operations, roofers, and industrial truck drivers by offering grants to homeowners to retrofit their homes with green technologies.

"The program would cost less than the \$2 billion spent on the now cancelled natural gas rebate program in the last six



Mike Hudema of Greenpeace Canada speaks about green job opportunities outside a green home under construction in Mill Creek at 84 Avenue and 98 Street yesterday afternoon.

years and it would provide a higher payback to homeowners," said the report's author, David Thompson.

The groups also want the government to spend roughly \$10 million over the next seven years to improve public transit and to include a high-speed rail

line between Edmonton and Calgary.

"There's no doubt that our provincial government has become set in its ways when it comes to making policies when it comes to the economy," said AFL president Gil McGowan.

"They've been compla-

cent on their reliance on the oil and gas sector. What we're saying with this report is to not stop being an energy province, but to be much more than that."

The report will be submitted to the legislature later this week.

Hawrelak Park event on Sunday

EARTH DAY A story on Earth Day celebrations in yesterday's Metro omitted the date when events in Hawrelak Park were scheduled to take place. Earth Day events are set for Sunday from noon to 6 p.m. Free rides from the University LRT station are being provided.

METRO EDMONTON

Chiropractors voice concerns

DELIST Alberta chiropractors are urging the province to rethink its decision to delist chiropractic services two weeks after the government unveiled the plans when it announced the budget.

"We're very unhappy with this decision and gravely concerned about the impact this pronouncement will have on our patients and the overall health system," said Clark Mills, president of the Alberta College and Association of Chiropractors, to reporters yesterday.

Alberta Health Services currently covers the costs of chiropractic services.

METRO EDMONTON

School of Business

MACEWAN

Make an informed choice

Attend a free information session at MacEwan's City Centre Campus (10700 - 104 Ave.)

Information Mgmt. & Library Technology - Tues, April 28, 6 pm, Room 5-235, CC Campus, Call: 780.497.5763

Human Resources Management - Wed, April 29, 5:30 pm, Room 5-235, CC Campus, Call: 780.497.5384

Office Assistant - Thurs, April 30, 5 pm, Room 5-106, CC Campus, Call: 780.497.5763

Asia Pacific Management - Tues, May 5, 5 pm, Room 5-268, CC Campus, Call: 780.497.5113



Turkey has recalled its ambassador to Canada for consultation, said a Foreign Ministry source yesterday, after Prime Minister Stephen Harper spoke at a vigil to commemorate the 1915 killing of Armenians. **REUTERS**

Canada



Schreiber claim denied

The assertion by Karlheinz Schreiber, left, that Brian Mulroney wanted to keep secret his controversial \$300,000 cash payment for lobbying was blown out of the water yesterday by one of Schreiber's own lawyers. Schreiber's Edmonton lawyer Robert Hladon told a public inquiry probing Mulroney's business relationship with Schreiber that Mulroney did no such thing.

TORSTAR NEWS SERVICE

VANOC makes its case in court

OLYMPICS A lawsuit filed against VANOC by women ski jumpers who want to be included in the 2010 Games has put the organizing committee between a rock and a hard place, a lawyer for VANOC says. George MacIntosh, who presented his defence in B.C. Supreme Court yesterday, said VANOC shouldn't be held responsible for the IOC's decision to keep women's ski jumping out.

METRO CANADA

News in brief

G7 MEETING The Group of Seven leading industrialized nations will signal at a meeting in Washington this weekend that there are glimmers of economic hope but that the global economy is not out of the woods yet, a senior Canadian finance official said yesterday.

REUTERS

Poll Tories losing ground



Canadian hostages freed

Diplomats, European tourists released by al Qaida

Two Canadian diplomats and two European tourists held hostage by al Qaida's north African wing in the Sahara desert have been released, a spokesman for Mali's president said yesterday.

Canadian Robert Fowler, a United Nations envoy to Niger, disappeared with his aide last December, while four tourists — two Swiss, a German and a Briton — were kidnapped on the Mali-Niger border in January.

"We confirm the release of four hostages," Seydou Cissouma, a spokesman for Mali's president, told Reuters. He said they were the Canadians and two female tourists.

The freed tourists are from Switzerland and Ger-

Statement

- Al Qaida's north African wing had said it was holding the four tourists, who were taken from Mali into the neighbouring Saharan state of Niger, as well as the two Canadians.

many.

Earlier this month, a Malian security source said a team of mediators was negotiating the release of the European tourists.

Sources at the United Nations confirmed Fowler and his assistant, Louis Guay, were free.

In Ottawa, a relative of Fowler's, Member of Parliament Dominic LeBlanc, said his understanding was

that Fowler was being taken by Malian authorities to the capital of Bamako, and his family hoped to meet him in Europe in a few days.

"Our information is Mr. Fowler is in the custody of the authorities of the government of Mali," LeBlanc said.

"They would insure his safety in order for him to get to Bamako, at which point Canadian officials will obviously provide the care ... and hopefully expedite him quickly to visit his family."

Analysts say the Sahara desert in West Africa has become increasingly insecure and the lines between ideology and criminality in the region are blurred.

REUTERS

supersavetastic!

The secret word that gets you \$25 off any new phone.

Get \$25 off any new phone.

Just buy a new Koodo mobile phone, say the secret word, and say no to bigbillification today!

koodomobile.com

Offer valid until April 26th.

koodo
mobile™

Good call



► FUTURE SHOP

LONDON DRUGS

Walmart

Zellers

Koodo
shop

Edmonton City Centre
Kingsway Garden Mall
Londonderry Mall
West Edmonton Mall

French politician turns to Facebook to announce pregnancy

The French minister responsible for the country's digital economy, Nathalie Kosciusko-Morizet, announced yesterday that she was pregnant and used social networking site Facebook to do it. **REUTERS**

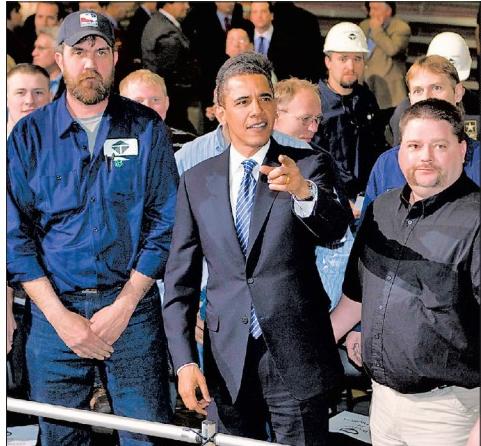
World



Third paternity claim for Lugo

A third woman in two weeks has claimed that Paraguay's bishop-turned-president Fernando Lugo fathered her child, intensifying a political scandal that has made him the butt of lewd jokes and even a pop song. Damiana Moran, a 39-year-old teacher, told local media that Lugo was the father of her one-year-old son and she was negotiating child support with the president's lawyer.

REUTERS



U.S. President Barack Obama poses with workers at Trinity Structural Towers Manufacturing Plant, a wind energy production facility, during an Earth Day visit in Newton, Iowa yesterday.

U.S. threatens Iran sanctions

U.S. Secretary of State Hillary Clinton yesterday threatened crippling sanctions against Iran if it did not end its nuclear program after Tehran offered talks with major powers.

Clinton told U.S. lawmakers she was under no illusions about the difficulty of engaging Iran successfully.

"We are also laying the groundwork for the kind of very tough ... crippling

sanctions that might be necessary in the event that our offers are either rejected or the process is inconclusive or unsuccessful," Clinton told the House foreign affairs committee.

Clinton's tough talk came as Iran, in a statement, said it believed discussions could resolve disputes between the Islamic republic and the West, but it said Tehran would press ahead with its work to de-

velop atomic energy.

The statement was Tehran's response to an invitation this month by six world powers to discuss the nuclear issue, according to Iranian television.

Last week, President Mahmoud Ahmadinejad said Iran had prepared proposals to end the dispute.

Clinton said the United States believed its decision to engage Iran over its nuclear program and other is-

N. Korea talks

- Clinton said yesterday that Washington wanted to resume six-nation nuclear talks with North Korea and urged the world to not "give in" to the North's "unpredictable behaviour."

sues would increase U.S. leverage among other major powers to impose sanctions if talks fail.

REUTERS

U.S. law vital to global climate deal: Adviser

WASHINGTON U.S. President Barack Obama's top climate negotiator warned yesterday that international efforts to tackle global warming are doomed unless the U.S. enacts laws to limit emissions.

"There will be no new global deal if the United States is not part of it and we won't be part of it unless we are on track in enacting our own domestic plan," Todd Stern told the Senate Foreign Relations Committee.

Countries from around the world are scheduled to meet in Copenhagen in December to try to embrace a

Energy sources

- President Barack Obama urged the U.S. yesterday to take the lead in developing renewable energy sources.

new plan for attacking climate change problems.

He said the Obama administration will soon unveil proposals to be discussed in Copenhagen.

The House is taking the lead in Congress in an effort to legislate tough caps on emissions of carbon dioxide and other pollutants.

REUTERS

Big progress in east Afghanistan: U.S. commander

KABUL U.S. and NATO forces are nearing "irreversible momentum" in battles with insurgents in eastern Afghanistan, a senior commander said yesterday.

The Taliban and other groups have been strongest in eastern and southern Afghanistan, but U.S. Army Maj.-Gen. Michael Tucker said security improved this year in the east, where U.S. forces lead NATO troops.

He said about 80 per cent of insurgent activity now takes place in southern Afghanistan, where the U.S. plans to deploy thousands of troops to reinforce Canadian, British, Dutch and other NATO soldiers.

REUTERS

News in brief

LONDON British police yesterday denied making an embarrassing mistake after releasing all 12 men seized in raids to foil a suspected al Qaida plot that were brought forward due to a security breach. The men, 11 Pakistanis and one Briton, were arrested around northwest England April 8 as part of an operation against what Prime Minister Gordon Brown called at the time a "very big terrorist plot."

SRI LANKA Thousands more civilians surged out of Sri Lanka's war zone yesterday while soldiers and Tamil Tiger rebels fought the apparent endgame of Asia's longest-running war. The military said at least 100,000 had been registered for transit to refugee camps and that troops now control all but 13 square kilometres of the island.

REUTERS

Starting April 20, come in and try our premium roast coffee Free! Breakfast hours from 5:00 - 10:30am until May 3.

*Small coffee only. Limit one per customer, per visit. Not available with any Extra Value Meal or value picks® offer. Opening hours vary by restaurant. Until 11am on weekends. ©2009 McDonald's.



i'm lovin' it®

LOCAL

Publisher, Steve Shrout
Managing Editor, Harry Hodge

Distribution Manager, Jim Hillman

NATIONAL

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt

Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mktg Director, Jodi Brown

Comment & Views

Comment

The man, the music, the identity

Relating



Andrea Woo

"Men profess to be lovers of music, but for the most part they give no evidence in their opinions and

lives that they have heard it." — Henry David Thoreau.

As someone whose life is inextricably woven with music, I harbour a deep suspicion for anyone who doesn't listen to much of it. This carries over into the dating arena, where it could be well-argued a man's attitude toward music can be telling of his attitude toward romantic relationships.

Music, after all, is a marker of cultural identity. It can

permeate every facet of life — work, friends, hobbies, appearance — and shape the people they become.

It can make fast friends of strangers and close friends of casual acquaintances.

"It's very important," said a friend and fellow audiophile of sharing similar musical tastes with a significant other. "It implies compatibility and common interests — possibly even social views."

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

can speak volumes about his or her character.

A man who has amassed shelves of classic vinyl records, for example, has invested time, money and effort into something he is passionate about. A Top 40 fan, not so much.

Hipster doofuses who make grand efforts to find the most obscure music possible — "It's these two Icelandic dudes with oboes and rainsticks!" — are probably as pretentious in other

areas of life.

It can also be deduced a hip-hop head won't likely be procreating with the fragile emo kid any time soon.

That said, there is the occasional pairing of those who many would never expect to work, but do. They are the left-field collaborations, the seamless blends — the perfect mash-ups.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.

Views

Naiveté and international hypocrisy



Mona Eltahawy

Global View

If pirates were holding Nathalie Morin and her three children hostage would the Canadian government rescue her?

Morin, 24, is the Canadian woman who claims her Saudi husband Samir Said Ramthi Al-Bishi — whom she met in Canada — is holding her against her will in the kingdom, infamous for its appalling women's rights record. Morin's mother has threatened to sue the Canadian government for negligence if it doesn't do more to help her daughter. Morin moved to Saudi

Arabia in 2005, taking the Canadian-born child she had with Bishi with her. The couple has since had two more children, one of whom — according to Morin's mother — was conceived after rape.

Morin, who complained to her mother Bishi beats her and will not let her leave their apartment alone, visited Canada in 2006, but returned to Saudi Arabia saying she couldn't be without her children. Since then, Bishi has apparently refused to give her permission to travel, a requirement in the ultra-conserva-

tive kingdom.

Alleged marital rape? No leaving the house or travel without your husband's permission? Sound familiar?

Surely questions that should trouble Canada where horrified headlines recently chastised Afghan President Hamid Karzai for signing a law that allowed marital rape and barred women from leaving home without a husband's permission.

Where are the horrified headlines over women's rights in Saudi Arabia? Morin admitted it was a mistake to move to Saudi

Arabia, so those who want her to lie in the bed she made of her own naivete can move on.

But it is precisely those shouting "she should've known better" who should answer my pirate question. Did they blame U.S. Capt. Richard Philips and his crew for sailing along a stretch of water where Somali pirates had taken dozens of hostages?

I don't believe invasions can liberate women. Laws that guarantee equality and protect women's rights are more important than guns and tanks.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



It's your turn to tell others what you think. Email your thoughts and opinions to: edmontonletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Edmonton 10123 – 99 Street NW, Edmonton, AB T5J 3H1, Tel: 780-702-0592; Advertising: adinfoedmonton@metronews.ca; edmonton_distribution@metronews.ca; News: harry.hodge@metronews.ca



new

apple caramel melts

i'm lovin' it

For a limited time only. At participating McDonald's® restaurants in Canada.
 ©2009 McDonald's.

100M oil barrels stored at sea: FrontlineOil companies are storing close to 100 million barrels of crude oil at sea, the highest in recent times, according to Frontline, one of the world's biggest independent oil tanker owners. **REUTERS** 7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Defaults may rise: Report

Canadian mortgage holders are facing significant challenges with a risk of increased mortgage defaults in the months ahead due to an uncertain jobs market, says a report.

Eight per cent of Canadian mortgage holders (representing 425,000 homeowners) indicated that being able to make a mortgage payment is currently an issue or concern, says a survey by the Canadian Association of Accredited Mortgage Professionals released yesterday.

Meanwhile, another 18 per cent of respondents, "a surprisingly large share," reported that either them-

Falling behind

- Mortgages in arrears at the end of January were at 0.36 per cent, representing 14,024 mortgages, up from 0.27 per cent, or 10,100 mortgages, at the same time last year, says the Canadian Bankers Association.

selves or a primary earner in the household had lost a job in the past six months.

"The greatest risk facing the Canadian mortgage market is job loss," said Will Dunning, the chief economist for the association and author of the report.

In a six-month period, from late 2008 to the time the survey was conducted in March 2009, job losses totalled 357,000 or 2.1 per cent of total Canadian employment, says the report, representing "a very rapid rate of decline."

About two per cent of Canadians report negative equity in their homes, where the value of the mortgage is greater than the value of the home. Another eight per cent have less than 10 per cent equity, says the report.

If house prices were to fall further, there would be an increase in homeowners with negative equity.

TORSTAR NEWS SERVICE

Flaherty sees signs of recovery

FORECAST Federal Finance Minister Jim Flaherty sounded an upbeat note on the North American and global economies yesterday, saying he detected small signs of encouragement amid all the uncertainty.

Flaherty also said Canadian bond and capital markets were improving and that the United States would make significant progress in stabilizing its banking system in May.

"We see some stability in the economic performance, some resilience in China, GDP anticipated growth in India of six per cent ... so we are seeing some strength in some of the large emerging economies, but there is a significant degree of uncertainty that we face," he told reporters.

Flaherty maintained his assumption of a nominal GDP decline in Canada of 2.7 per cent this year, made in the January budget, saying that fiscal stimulus was now entering the economy.

REUTERS

In brief

ENERGY EnCana Corp. is pumping another \$290 million US into a big Louisiana natural-gas play despite depressed prices, Canada's biggest energy company said yesterday as it reported higher-than-expected profit.

REUTERS



New to Edmonton? Welcome to your new home!

Make the Citizen and New Arrival Information Centre at City Hall your first stop to get information on:

- City services
- Community services
- Education
- Housing
- Parks programs
- Recreation
- Recycling
- Settlement
- Seniors services
- Transportation



You can also Call 311 for information

Citizen and New Arrival Information Centre

THE CITY OF
Edmonton

Government
of Alberta

Service Directory

To advertise call 780-702-0592

FINANCIAL



\$500\$ loan service

by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.

**Call toll free:
1-877-776-1660**

**Metro Supports
Give Girls A Chance!
Educate a Girl.
Change the World.**
www.givegirlschance.org

metro
Do it daily.



Why check only a couple lenders when you can check over 30? In one call...

There's a reason over 25% of Canadians use a Mortgage Broker! Answer: Brokers work for YOU, not a specific lender. Brokers are available evenings and weekends! Service is FREE!

Nikole Rolof | MORTGAGE ASSOCIATE
nikole@mortgagegrp.com
780.916.2492



Home Phone Lines

ALL FEATURES FREE!

Enhanced

All Features FREE

INCLUDING

Caller ID, Call Forwarding,
Voice Mail, Call Waiting
... and much more

\$14.95
/MONTH

Unlimited Canada

UNLIMITED
Calling to Canada
PLUS

• All Features FREE Including:
Caller ID, Call Forwarding,
Voice Mail, Call Waiting
... and much more

\$19.95
/month

One-Rate

UNLIMITED
Calling to Canada
and U.S.A.
PLUS

• All Features FREE Including:
Caller ID, Call Forwarding,
Voice Mail, Call Waiting
... and much more

\$29.95
/month



LIMITED TIME OFFER

**6 MONTHS
FREE!**

- **SATISFACTION GUARANTEED!**
- **KEEP YOUR EXISTING
PHONE NUMBER!**

Comwave Guarantees the lowest Long Distance Rates.

CALL TODAY!



780-665-1805

comwave.ca

Comwave will not rate match against charity or internet services, limited minute plans or reward calling cards due to their inaccurate billing process. Home Phone Lines • VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term, 6 Months Free. You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction guaranteed. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The option to keep your existing phone number may not be available in all areas.

Former Chicago Bear William (The Refrigerator) Perry remains in hospital in serious condition in South Carolina. The 46-year-old has been in hospital to deal with complications from Guillain-Barre Syndrome, a chronic inflammation disorder of the peripheral nerves. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

NHL Anaheim Ducks forward Bobby Ryan, Columbus Blue Jackets goaltender Steve Mason and Chicago Blackhawks forward Kris Versteeg are the finalists for the Calder Trophy as the NHL's rookie of the year, the league announced yesterday. The trophy will be handed out June 18 at the NHL Awards in Las Vegas. METRO NEWS SERVICES

SCOREBOARD

NHL

STANLEY CUP PLAYOFFS YESTERDAY'S RESULTS

Boston 4 Montreal 1
N.Y. Rangers 2 Washington 1
Calgary 6 Chicago 4

TONIGHT'S GAMES

Philadelphia at Pittsburgh
Detroit at Columbus
Carolina at New Jersey
San Jose at Anaheim

NBA

PLAYOFFS YESTERDAY'S RESULTS

Orlando 96 Philadelphia 87
Miami 103 Atlanta 93
New Orleans at Denver

TONIGHT'S GAMES

Boston at Chicago
San Antonio at Dallas
L.A. Lakers at Utah

Bruins bring their brooms

STANLEY CUP 2009 Playoffs

Michael Ryder registered two goals and an assist as the Boston Bruins came away with a convincing 4-1 victory over the Montreal Canadiens at Bell Centre, sweeping their Eastern Conference quarterfinal series.

David Krejci posted a goal and a helper for the top-seeded Bruins, who won their first playoff series since an opening-round triumph against Carolina in 1999. Phil Kessel also lit the lamp and Tim Thomas earned the win with a 26-save performance.

Andrei Kostitsyn provided the lone tally for the eighth-seeded Canadiens, who have lost their last eight games dating back to



Chicago's Brian Campbell and Calgary's David Moss collide last night during Game 4 of their playoff series. The Flames won 6-4. For a complete game recap, visit metronews.ca/sports.

the end of the regular season. Carey Price was beaten

four times on 30 shots in defeat. The 2008-09 campaign

was expected to be a memorable one for Montreal, which was celebrating its centennial season, but a promising start filled with visions of a serious run at hockey's holy grail in hopes of a 25th title was followed by a second-half swoon and, ultimately, a bitter first-round exodus.

N.Y. Rangers 2 Capitals 1

Henrik Lundqvist made 38 saves to lead the New York Rangers over the Washington Capitals 2-1 in Game 4 of their series at Madison Square Garden.

Paul Mara and Chris Drury tallied for the Rangers, who lead this set 3-1 and get their first chance to end this best-of-seven matchup in Washington on Friday. Alex Ovechkin had the lone goal for the Capitals.

METRO NEWS SERVICES

NBA 2009 Playoffs

Magic even series with Philadelphia

NBA Courtney Lee was the catalyst for Orlando, as the rookie recorded a team-high 24 points to help the Magic even their Eastern Conference quarter-final series against the Philadelphia 76ers with a 96-87 Game 2 victory. Dwight Howard battled foul trouble, finishing with 11 points and 10 rebounds.

Heat 108 Hawks 93

Dwyane Wade finished with 33 points, seven assists and five rebounds, as the Miami Heat evened their Eastern Conference quarter-final series with a 108-93 Game 2 win over the Atlanta Hawks. For a recap of the Hornets/Nuggets game, visit metronews.ca.

METRO NEWS SERVICES

Go Ahead. Launch Your Life!

If you're looking for a new career, this is the place for you. Learn everything you need to choose your career and programs of study, and get on your way to a life you want. Academy of Learning gives you lots of choices and flexibility. Get in the workforce quicker in less than one year. Call Today, and Start Training Right Away!

- Business Administration
- Medical Office Assistant / Unit Clerk Specialty
- Government of Alberta Health Care Aide
- Pharmacy Technician *
- Hotel & Tourism Management Studies
- Office Administration
- Legal Administrative Assistant
- Computerized Payroll Accounting
- Web Designer
- Network Administrator
- Multimedia Developer for the Internet *
- PC Support Specialist
- and more!



**Academy
OF LEARNING**

Career and Business College

www.academyoflearning.ab.ca

metro

Metro Edmonton is seeking an aggressive, results-oriented Outside and Inside Advertising Sales Representative

The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses. Primary responsibilities will be Recruitment.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

Qualified candidates will possess:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency with Internet and email.
- A self-motivated desire to develop new business.
- Some college education of relevant post-secondary training.

To Apply:

Cover letter required. Please specifically state the position you are applying for and how your experience, skills/abilities, education and training match this position.

Please send your cover letter and resume by email to:

Steve Shrout, Publisher
steve.shrout@metronews.ca
Subject: Sales Rep at METRO

Edmonton Downtown .. (780) 424-1144
Edmonton South (780) 433-7284
West Edmonton Mall ... (780) 496-9428

No reason to fear the 'M' word, experts say



Mortgage pre-approvals let you know how much you can afford.

BRIAN COULTON
for Metro Canada

For most new home buyers that don't have the capital to fully pay for their property, the pleasure of purchase can be oft overshadowed by

the dreaded 'M' word.

"A lot of people have the idea that a mortgage is actually the biggest debt of their life," said Bruna Anacleto, Toronto mortgage specialist for Royal Bank of Canada. "It's really not. It's an investment."

It's also the only proper-

ty loan homebuyers can acquire, outside of one from family and friends. And the first step Anacleto recommends toward acquiring a mortgage is obtaining a pre-approval, which she said both qualifies you for the loan and gives you a sense of how

much you're financially qualified to purchase.

"People tend to dream a little and think their financial situation is one way, but it might actually be another," she said. So before setting your heart on that \$500,000 dream home, a pre-approval will assess if you can really afford it. "You may think, with your salary, you can, but you're not taking into consideration your debt load."

And what qualifies as debt isn't always so apparent. Anacleto said most people don't know that a line of credit, for example, counts as debt, in full. "You may have a zero balance on that line of credit, but we assume that you've withdrawn the whole thing," she said. "The reason for that is because that's credit you can obtain at any point in time, so we want to ensure you can pay that back if that happens."

Paying back a mortgage over tens of years may seem like a daunting task. But there are strategic ways to do it. Barry Rathburn is a mobile mortgage specialist for TD Canada Trust on Vancouver Island. He recommends accelerating your payment by paying an amount higher than the minimum required, that you feel comfortable with, to make repaying more flexible down the road.

"One of your benefits is that you can up to double your payments," said Rathburn. He offers the example of a minimum mortgage payment of \$295. A "comfortable" payment for a couple might be \$450. But what if that couple decides to have a child? "Now, \$450 is not a comfortable payment. Maybe it's a stretch," he said. "Having the privilege to increase and decrease your payment at will is a great financial planning tool to manage your cash flow."



Get mortgage advice wherever you are.

- Expert mortgage advice
- We come to you

Our Mobile Mortgage Specialists make getting a mortgage more comfortable.

That's because our Mobile Mortgage Specialists come to you. Days, evenings, weekends, whenever it's most convenient. We'll take the time to help you understand all of your options, and work with you

to get a mortgage that fits your unique situation. Most importantly, our work isn't done until you're entirely comfortable with your decision. It's expert mortgage advice, entirely on your terms.



To find a Mobile Mortgage Specialist today, visit
www.tdcanaatrust.com/experts or call 1-800-974-2315



*Recipient of the Synovate Best Banking Award 2005-2008 for Customer Service Excellence among the Big 5 Banks.



Canada Trust

Banking can be this comfortable

Mortgage tips

TD specialist Barry Rathburn offers the following mortgage knacks:

- You can pre-pay 15 per cent of your original mortgage balance each year. If completed yearly, your mortgage would be paid off in about seven years.
- Obtain mortgage insurance, to cover the amount of mortgage debt if you or your spouse falls ill or dies.
- Get approved for the longest possible repayment period to decrease the amount paid in the long run.

Scoop this!

Bring your family and friends to the 31 Cent Scoop Night at Baskin-Robbins — next Wednesday, April 29, from 5 to 10 p.m. — to show your support for firefighters and enjoy scoops of your favourite ice cream for 31 cents. Visit baskinrobbins.ca for details. METRO NEWS SERVICES

Food

All peppers start out as green and tart. As they ripen they turn first yellow, orange, or red depending on the cultivar grown.

**Sweet**

The darker they become, the sweeter and more mellow the taste.

BARB HOLLAND/FOR METRO CANADA

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Gems under the glass

Canada lingers at the forefront of greenhouse vegetable production

À la carte
Barb Holland
metronews.ca/alacarte

After a seemingly endless winter, we look forward to warm weather and the first vegetables of the season: asparagus, early greens and rhubarb. But between those first crops (usually May) and the lingering winter storage vegetables (carrots, cabbage and squash), greenhouse vegetables are a welcoming fresh taste — and locally grown.

As our short summers limit the quantity of field vegetables grown, Canada has been at the forefront of greenhouse production for decades.

Greenhouse vegetable production occurs in every province, with Ontario, British Columbia and Quebec as the largest producers.

According to the B.C. Greenhouse Growers' As-



As always, read labels when grocery shopping to buy locally grown greenhouse vegetables.

sociation, more than five varieties of tomatoes, sweet bell peppers, hot peppers, mini peppers, long English cucumbers, mini cucumbers and butter lettuce are grown under glass.

Vine-ripened and hand-

picked, greenhouse vegetables are premium quality and virtually pesticide-free, thanks to the use of natural predators to control pests.

As always, read labels when grocery shopping to buy locally grown green-

house vegetables.

Lightly Roasted Tri-Pepper Salad

From Foodland Ontario, this colourful salad made with greenhouse peppers is best served slightly warm or at room tempera-

ture. Serve with grilled chicken or pork. Serves 6.

INGREDIENTS:

- 2 each red, yellow and orange greenhouse peppers
- 3 tbsp (45 ml) extra virgin olive oil
- 1 tbsp (15 ml) balsamic or red wine vinegar
- 1 clove garlic, minced
- Salt and pepper
- 1/3 cup (75 ml) crumbled goat cheese
- 1/4 cup (50 ml) torn fresh basil leaves

METHOD:

Cut each pepper into quarters, discarding seeds and stems. Place on a barbecue grill over medium heat. Grill until softened and just lightly charred, 15 to 20 minutes, turning as needed. Whisk together oil, vinegar, garlic, salt and pepper to taste. Slice peppers into strips and toss with dressing in a large bowl. Place on serving plate, sprinkle with goat cheese and basil.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Liquid Assets
Peter Rockwell
metronews.ca/liquidassets**A great grape**

What makes a particular grape

variety the darling of liquor store shelves? It's a question that wakes up winemakers in a cold sweat in the middle of the night and gives liquid scribes like yours truly oodles of analytical inspiration.

Lately I've been working on why consumers are so crazy about Pinot Grigio (a.k.a. Pinot Gris). After much thought, and more than a few glasses, I think the reason is twofold: First, being easy to pronounce and fun to say has literally put it on the tip of everyone's tongue; and second, it produces simple, quaffable wine that sucks in consumers like a magnet draws metal.

When it comes to true Italian versions *Voga's 2007 Pinot Grigio (\$13.95 to \$17.99)* is lean, green and rounds all the classic flavour bases while coming wrapped in one of the coolest bottles I've seen in ages.

Of course every country has jumped on the bandwagon and *California's Barefoot Cellars Pinot Grigio (\$9.95 to \$11.99)* in a non-vintage charmer that's packed with juicy fruit.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyday's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Local Savour**Authentic Julio's Barrio Mexican Restaurant**

juliosbarrio.com

10450, 82 Ave.

780-431-0774

Fiesta Sampler, \$20 to \$35

This is the perfect way for you and your amigos to sample this restaurant's antojitos. This Mexican-infused hot spot in the city's hippest neighbourhood also offers up some good bevies with their good treats.

Lasagna, the Martha Stewart way

This Martha Stewart recipe requires all store-bought ingredients and an hour's cooking time. You could substitute fried bacon for the more expensive prosciutto, or jazz up your sauce with sautéed mushrooms or other vegetables. Make sure you squeeze the spinach dry or the lasagna will be too runny. From *Food Everyday* magazine.

INGREDIENTS:

- 2 300 g packages frozen spinach, thawed and squeezed dry
- 1 (475 g) container ricotta cheese
- 1 garlic clove, minced
- Salt and pepper to taste
- 2-1/2 cups (600 ml) store-bought pasta sauce
- 4 oz (113 g) thinly sliced prosciutto, chopped
- 3 sheets fresh lasagna

noodles

- 1 cup (250 ml) shredded mozzarella cheese

METHOD:

In medium bowl, mix spinach, ricotta, garlic, salt and pepper. Set aside.

In another medium bowl, mix pasta sauce with prosciutto. Trim lasagna noodles to fit 8-by-8-inch casserole dish. Spread 1/4 cup

sauce on bottom of dish.

Place 1 lasagna sheet on top. Spread one-third ricotta mixture on top with fingers. Top with one-third pasta sauce. Repeat twice.

Sprinkle mozzarella on top. Bake in 375 F oven 35 minutes until top is bubbling and brown. Let stand 5 minutes before serving. Makes 4 servings.

TORSTAR NEWS SERVICE

RAP Shoe Re-Nu

- Handbag & Purse repair
- Knife and scissor sharpening
- Key cutting
- Leather goods & Shoe repair & reconditioning

"The Downtown Leather & Shoe Re-Nu"

MONDAY - FRIDAY: 6AM - 5PM

BASEMENT OF TELUS PLAZA | 10025 JASPER AVE

ADVENTURE!**Teach English Overseas**

TESOL Certified in 5-Days

In-Class or Online NO DEGREE REQUIRED!

1-888-270-2941

FREE Info Seminar Every Tuesday @ 7pm

Job Guaranteed

10037B-82 Ave.

globaltesol.com

**MAXI'S CATERING COMPANY**

is looking for a cook with experience in Traditional Hungarian food preparation. Previous experience and Hungarian language skills are required for this position.

PLEASE FORWARD YOUR RESUME TO LASZLO: maxiscatering@shaw.ca OR FAX: 780.456.5551

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

SEAWORLD

Splash some fun in shades of blue



More cool spring looks will be showcased by Denis Desro, ELLE Canada's editor-in-chief (fashion), at an event this weekend. She will give an exclusive spring runway report of the season's hottest fashion trends, from the jumpsuit to the wedge sandal. Check out [elleshow.ca](#) for details.



Floral tiered silk dress, Nougat London (\$265, 1-888-356-9226)

Metal and resin-bead chandelier earrings (\$15, at Aldo Accessories)



PVC handbag (\$35, at Aldo)



Resin-bead bracelets (\$45 each, at The Bay)



Leather and wood platform wedge sandals (\$100, at Aldo)



Editors' Pick

FASHION STARS

Want to experience a runway show featuring the best of Canadian fashion? Check out the ELLE event this Saturday, where top designers, including Tavan & Mitto (shown), Renata Morales, and Marie Saint Pierre, will show their spring 2009 collections!



MAUDE ARSAUNAULT/MODEL—GIGI

Car Insurance Is Now On **SALE**

The truth is, car insurance has always been on sale, you just didn't know it. You may have been overpaying for your car insurance for years and simply didn't realize that you could get a better deal.

InsuranceHotline.com can show you how to reduce the cost of your car insurance without reducing your coverage. It's like getting the same thing you already have, but at a much cheaper price... just like a sale!

What's The Catch?

There is none. The fact is rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. The key is finding the one insurance company that can offer YOU the lowest rate available for your driving profile. So it pays to shop around. Fortunately, InsuranceHotline.com can help by searching the rates of over 20 insurance companies to find you the lowest rate available, guaranteed.

What Are You Waiting For?

There are thousands of people who have taken advantage of the 'sale' and have saved hundreds to thousands of dollars on their car insurance using InsuranceHotline.com.

So if you are keen to save big on car insurance, why not give InsuranceHotline.com a try?

InsuranceHotline.com

Your Search Engine for the Lowest Insurance Rates

For the **3 lowest rates** from over 20 major insurance companies, go online to **InsuranceHotline.com**



Project Runway Canada finalists and winner Sunny Fong (right).

Project Runway Canada's top three finalists reconnect for an exclusive runway show

By LAURA DECARUFEL
Senior Editor

Fashion might not always be pretty, as Iman says, but it's always compelling. This season of Project Runway Canada was full of drama, from two contestants leaving the show for health reasons (on the very first episode!), to the uproar that ensued after one aspiring designer (ahem, Brandon) revealed that he was unfamiliar with the work of fashion legend Yves Saint Laurent. But the real news was on the runway, particularly in the creations of the top three finalists: Jessica Biffi, Jason Meyers and Sunny Fong, the talented Toronto designer who was crowned the winner last week. "The biggest surprise is how passionate viewers

are about the show," says Fong. "How little things like me hugging my mother on the runway made people tear up. It's amazing."

This Saturday afternoon, Fong, Biffi, Meyers and their PRC mentor Brian Bailey are joining forces for a special fashion show during the all-day ELLE event in Toronto, Ont. The designers will be showcasing their finale collections, which debuted during Toronto Fashion Week in March. "The finale show was a closed show, so only a select few were able to experience it," explains Fong. "It will be really cool for the public to have the same 'live' experience." Afterwards, Bailey will host a Q&A, so fans can get an insider peek into all the behind-the-scenes gossip.

HOT BEAUTY

Summertime means sexy sundresses, evenings on the patio — and a whole new beauty look. The objective? Sun-kissed skin with perfectly painted lips and lids in summer shades of rose and coral. But before you toss your trusty foundation and stock up on bronzer, learn how to do it right. At the ELLE event this Saturday, Val Garland, the artistic advisor for Yves Saint Laurent Makeup, and Jacquie Hutchinson, the national product trainer for Revlon, will outline summer's prettiest makeup trends — and how to achieve them.



YSL Palette D'Artiste Collector Powder for the Eyes (\$78)

Rice meets with Idol judge

Former secretary of state Condoleezza Rice thinks Randy Jackson is top dawg. When the classically trained pianist, 54, was in L.A. for her March 24 appearance on The Tonight Show With Jay Leno, she arranged to meet the American Idol judge, 52, for a private sit-down. [PEOPLE.COM](#)

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Ida Maria kicks butt

Ida Maria

Album: Fortress Round My Heart
Label: Mercury/Universal
Rating: 1/2



IT WAS STARTING to get too easy to be a pop singer. All you had to do to make the grade, it seemed, was take on a retro sound and a name like Duffy or Adele. So it was about time that somebody like Ida Maria, 24-year-old rocker from Norway, came along to kick some deserved butt. Her forthright approach — so wonderfully demonstrated on her first single I Like You So Much Better When You're Naked — has already hit the charts in England. There's a celebratory charm to her off-key punk squawk that cuts through the crap on songs like Oh My God and Stella. She's the woman everyone wants to go out and get hammered with. Yet she also shows fragility on Keep Me Warm and desperation on Forgive Me. There's an attraction here that's unexplainable. Call it attitude, call it allure. Just give us more Ida Maria.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

seems to be all about smoking dope, drinking near-lethal quantities of booze, vomiting, passing out and bragging about all the naked women they almost met. Comparisons to Eminem are ludicrous, but come nonetheless. Roth, an unabashed suburbanite from a good middle-class home near Philadelphia, handles them deftly on As I Am. Although it's hard not to laugh out loud with songs like Blunt Cruisin' and Bad Day, this is not a novelty disc. The music on tracks like She Don't Wanna Man, His Dream and Lion's Roar is just too good.

Graham Rockingham/for Metro Canada

Depeche Mode

Album: Sounds of the Universe
Label: Capital/EMI
Rating: 1/2

JUST BECAUSE

THE '80s new-wave revival died out a couple years ago, doesn't mean the bands who actually came from that era have disappeared. Sounds of the Universe is new-wave pioneers Depeche Mode's 12th album and it's another synth-heavy blast of brooding electro sounds. Like the band's past work this is a highly emotive effort with plenty of fuzzy distortion and passionate croons from singer Dave Gahan. Some might be surprised that nearly 30 years on



these guys can still create a pretty great listen, but they've done it and show no signs of slowing down.

Bryan Borzykowski/for Metro Canada

Bat For Lashes

Album: Two Suns
Label: Echo/Parlophone/EMI
Rating: 1/2

KATE BUSH

USED TO concoct ethereal art rock like this; same for Tori Amos, Sarah McLachlan and Björk to some extent. So what sets Natasha Khan's m.o. apart from these aforementioned greats? As this sophomore disc attests, the British songstress proffers a more ear-pleasing soprano, along with an imaginative

**Not for sale**

No evidence suggests Rafiq Qureshi tried to sell his young daughter, Slumdog Millionaire actress Rubina Ali, say police in India after an investigation.

[PEOPLE.COM](#)

***** A CLASSIC; ***** EXCELLENT; **** GOOD; *** FAIR; ** POOR



Norwegian rocker Ida Maria is forthright on her latest album Fortress Round My Heart, which is now available in stores.

straint in her vocal delivery, plus the odd jarring choir and male operatic vocalist, will lessen the overall experience.

Ian Nathanson/for Metro Canada

Listen to this week's reviewed music at [metronews.ca/music](#)

critics'corner**Southland**

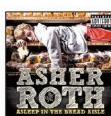
Art imitates life to some extent, as Tom Sizemore ("Saving Private Ryan") guest stars as a hard-partying actor who has star-struck Dewey (guest star C. Thomas Howell) wanting to play along instead of booking him, making Chickie (Anjela Nunez) second-guess her decision to be Dewey's partner. Ben (Ben McKenzie) opens up about why he wanted to be a cop in the new episode "See a Woman." 9 PM on CFRN

**My Name Is Earl**

Earl (Jason Lee) discovers that he has wronged a minister several times, but his attempt to make multiple amends only leaves the man of the cloth struggling to forgive him. Joy (Jaime Pressly) turns to Darrell (Eddie Steeples) for help after she hits Catalina (Nadine Velazquez) with a riding mower. Ethan Suplee also stars in the new episode "Gospel." 9 PM on KHQ

Asher Roth

Album: Asleep in the Bread
Aisle Label: SRC/Universal
Rating: 1/2



FRAT BOY RAP? This CD would have been much easier to review if it was by Weird Al Yankovic. But the satire contained in I Love College — Roth's hilarious anthem to white male hedonism — hits too close to the truth. Just ask Michael Phelps. For some, undergraduate life indeed

Kenya's Style

Kenya Hunt

Read the blog at [metronews.ca/kenyasstyle](#)

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/23/09												
primetime	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	2 CFRN 239 318 etalk	Hollywood	CSI: Crime Scene Invstgn.									
	3 KHO - 370 News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Parks-Recreat	The Office (N)	30 Rock				
	4 CBXT - 307 NHL Hockey: Conf. Quarterfinal	CBC News	NHL Hockey: Western Conference Quarterfinal Game 4 -- Sharks at Ducks									
	6 KREM - 372 News (N)	Hollywood	The Doctors (N)		Survivor: Tocantins		CSI: Crime Scene Invstgn.					
	7 CKEM 241 347 Law & Order: SVU	Hell's Kitchen (N)	In Motherhood	Parks-Recreat			30 Rock	30 Rock				
	8 CITY 240 339 ET Canada	Entertainment (8:01)	Harper's Island									
	11 OMNI - Two/Half Men	The Simpsons	News									
	13 KXLY - 371 4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	In Motherhood	Samantha Who	Grey's Anatomy (N)					
	16 KAYU - 373 The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)	Hell's Kitchen (N)	Practice					
	19 CHTV - The Insider (N)	E! News	My Fabulous Gay Wedding	Name Is Earl	10 Items-Less	Party Monsters: Cabo						
	25 KSPS - 374 NewsHour With Jim Lehrer	Educating Spokane	New Tricks									
	24 WTVS - 364 Auction	Michigan	MI-5 Arms dealing									
	15 CBCN 502 - CBC News: The National	CBC News: The National	CBC News: The National									
news	21 TWN 505 398 (5) EarthWatch One	EarthWatch One	EarthWatch One									
	27 CNN 500 500 Larry King Live (N)	Anderson Cooper 360 (HDTV)						Larry King Live				
	54 CTN 501 391 CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News				
	70 BNN 504 508 Squeeze Play	Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play				
	20 TSN 400 400 NHL Hockey	NHL Hockey	SportsCentre	NBA Basketball: Western Conference First Round Game 3 -- Lakers at Jazz								
	23 net 408 418 MLB Baseball	SportsNet Con.	MLB Baseball Detroit Tigers at Los Angeles Angels of Anaheim									
	47 SPEED 417 406 Bullrun (HDTV)	Bullrun (HDTV) (N)	Pimp My Ride	Pass Time	Pinks - All Out (HDTV)							
	94 SCORE 410 403 Score Update	Score Tonight	Hardcore Hockey Talk		Final Score	Final Score						
	9 EDACC 267 351 Alberta Primestime (Live)	America's Next Top Model	Old Christine	Samantha Who	Private Practice (N)							
	14 YTV 552 543 Drake & Josh	iCarly	True Jackson V.H.O., Just Add Malcolm-Mid.	Futurama	In Real Life E.R.							
	17 TREE 553 546 Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Backyardigans	Dora-Explorer					
	42 TOON 555 545 Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	Hellday: Sword of Storms					
	45 FAM 557 541 Zoey 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek				
	- TVA 121 714 TVA 18 heures	Le Cercle (SC)	Dépêches xtr Histories-filmes	Love-Death	Love-Death	Trailer Park	Trailer Park					
	18 CMT 575 583 Reba	Reba	Hope & Faith	Hope & Faith	Gone Country							
	25 A&E 615 520 The First 48 (HDTV) (N)	The Beast (N)										
	26 MMM 571 581 Metal Mania	Entourage	Gene Simmons	The Daily Fix								
	29 FOOD 603 561 Chef Jeff Project (N)	Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	Unwrapped	Unwrapped					
	31 SHOW 617 522 Wife Swap	The Outer Limits										
	32 DISC 520 505 Discovery Project Earth	MythBusters										
	33 SLICE 601 562 X-Weighted	X-Weighted										
	34 W 602 567 Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-Home	Divine Design			
	35 TLC 521 560 American Chopper (N)	Stop Shouting at Me!	American Chopper		Stop Shouting at Me!							
	36 BRAVO 620 523 McLuhan's Wake (2002, Documentary)											
	38 SPIKE 628 584 TNA Wrestling (HDTV) (N)											
	40 HIST 522 506 Go Deep In Istanbul.	NCIS "Lost & Found"										
	41 COM 626 547 Laugh	Comedy Now	Air Farce	Just for Laughs		Corner Gas						
	43 SPACE 627 528 Ghost Hunters	Chuck (HDTV) (N)										
	44 WPCH 294 650 Friends	Friends	The Crow: City of Angels (1996, Fantasy)									
	46 OLN 411 457 Mantracker	Bounty Hunter	Bounty Hunter	Departures "Morocco"								
	48 TROP 619 522 What Happen?	Vanity Insanity	Inside Hollywood									
	50 STAR 621 527 American Idol Extra (N)	The Tonight Show-Jay Leno	TMZ	etalk	The View (HDTV)							
	52 HGTV 600 564 Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes in New Orleans	Disaster DIY	Big Amazing	HolmesOrleans				
	65 TLN 700 800 (6:30) Io e Mamma (Italian).	Raymond	Raymond	George Lopez	George Lopez	The Sopranos "Mayham" (SS)		Paid Program				
	92 APTN 269 350 Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	Follow the River ** (1995, Adventure)	Sheryl Lee	MTV					
	93 VISION 261 394 Project X *** (1987, Drama)	Matthew Broderick.			Polyester: The Legacy	Project X *** (1987, Drama), Helen Hunt						
	100 MTV 581 566 The Hills	Taking the Stage (N)										
	101 MM 570 580 Daddy's Girls	Degrassi: TNG	MuchTopTens									
	102 CPAC 512 396 (6:30) Primetime Politics											
	103 VIVA 526 507 Most Haunted "Hever Castle"	Passion										
	104 RDI 126 730 Le Téléjournal (SC)	Homicide File	Psychic Inv.	Encounters	Judging Amy							
	106 RDI 126 730 Le Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal (SC)	Le Journal RDI	Le National	Le Téléjournal					
	161 SUPER 511 507 War, Inc. *** (2008, Comedy)											
				(8:45) The Take *** (2007, Crime Drama)								
								Death and Life				

cable variety

Read the blog at [metronews.ca/kenyasstyle](#)



One month after 23-year-old Lauren Conrad announced that she was taking a hiatus from her upscale clothing line, the Hills star is launching a brand new apparel line for Kohl's department stores, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Gay marriage quip sparks defence

OPINION In light of Miss California slamming gay marriage, Britney Spears and Miley Cyrus have stepped forth to declare that they support gay rights.

"Love is love!" Spears, 27, said on her Twitter page Tuesday. "People should be able to do whatever makes them happy!"

Cyrus, 16, also Twittered to openly gay blogger Perez Hilton (who asked Miss

California Carrie Pre-jean what she thought of same-sex marriage during Sunday's Miss USA competition.

tion) after Hilton informed Cyrus of the high suicide rates among gay and lesbian youth. "Jesus loves you AND your partner and

wants you to know how much He cares!" Cyrus said. "Like I said, everyone deserves to be happy."

Later, she added, "I am a Christian and I love you — gay or not — BECAUSE you are no different than anyone else! We are all God's children."

METRO NEWS SERVICES

Mike Tyson's tips for Chris Brown

ADVICE Mike Tyson has Chris Brown figured out. The former heavyweight champ, who was accused of beating girlfriend Robin Givens, was asked what he thought of 19-year-old Brown, who's accused of assaulting his girlfriend, Rihanna.

"My personal opinion about that is, he's just a baby," Tyson tells MTV News. "He's just a little baby by that don't know how to handle his emotions when it comes to a woman."

"And he probably hears this and thinks, 'I know how to handle my emotions.' We all think we do."

METRO WORLD NEWS



Britney to have day in court?

LEGAL Britney Spears is "crying out for help," femalefirst.co.uk reports.

The Circus singer is desperately trying to escape from her controlling father, her former attorney's lawyer told a Los Angeles court on Tuesday.

Jamie Spears — who took legal control of his troubled daughter's personal and professional affairs last year — is trying to obtain permanent restraining orders against the singer's former manager Sam Lutfi, attorney Jon Eardley and lover Adnan Ghali.

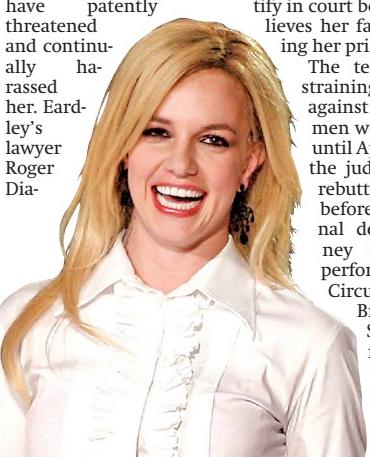
The 27-year-old singer's legal team refutes the claims, calling

the men predators who have patently threatened and continually harassed her. Eardley's lawyer Roger Dia-

mond wants Britney to testify in court because he believes her father is holding her prisoner.

The temporary restraining orders against all three men were extended until April 28, when the judge will hear rebuttal arguments before making a final decision. Britney is currently performing in The Circus Starring Britney Spears, her first concert tour in five years.

METRO NEWS SERVICES



Curvy Jessica hits the gym

PEOPLE Jessica Simpson — who battled scrutiny for her new curves earlier this year — is working out again. And she doesn't like it, people.com reports.

"On my way to work-out with my

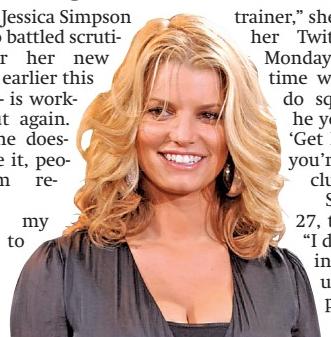
trainer," she wrote on her Twitter page Monday. "Every time we have to do squats, and he yells at me, 'Get lower like you're in the club!'"

Simpson, 27, then adds, "I don't squat in the club unless I am peeing!" A source

tells usmagazine.com Simpson is working with her longtime personal trainer Mike Alexander. Alexander told Fox News last month that the singer wasn't miffed at all the coverage surrounding her full figure.

"The whole thing wasn't as traumatic for Jessica as everyone made it out to be," he said. "She's a confident and naturally beautiful girl who works hard."

METRO NEWS SERVICES

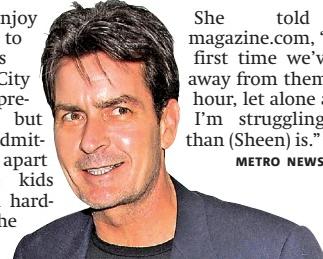


Charlie's new father anxiety

KIDS Charlie Sheen and his wife Brooke Mueller found it tough to enjoy the opening night of Peepshow in Las Vegas on Saturday — because it was the first time they had left their twin babies Max and Bob at home, femalefirst.co.uk reports.

Sheen and Mueller left the babies' sides on Saturday

day to enjoy some time to themselves at the Sin City show's premiere — but Mueller admitted being apart from the kids was much harder than she thought.



She told usmagazine.com, "It's the first time we've been away from them for an hour, let alone a night! I'm struggling more than (Sheen) is."

METRO NEWS SERVICES

LiLo's friends worried

PEOPLE More friends are 90210 star Kellan Lutz and British photographer Chris Jepson. The friends fear Lohan may be headed for a major meltdown.

METRO WORLD NEWS



Double standard for drinking: Lily

PARTYING After she released her 2006 debut, Lily Allen worried that she might have ended her career prematurely because of her hard-partying ways.

"I took a bit of a beating the first time around. I became more famous for being a train wreck than a singer," she says, according to Exposay.

"Young women are represented in a way that isn't true. If a girl is seen having a drink, she's a drunk. If that



GETTY IMAGES

Never been drunk, Paula maintains

PEOPLE Paula Abdul says she doesn't take prescription drugs — and she's never even been drunk. The American Idol judge hopes to set the record straight in a Nightline interview, which aired on ABC last night.

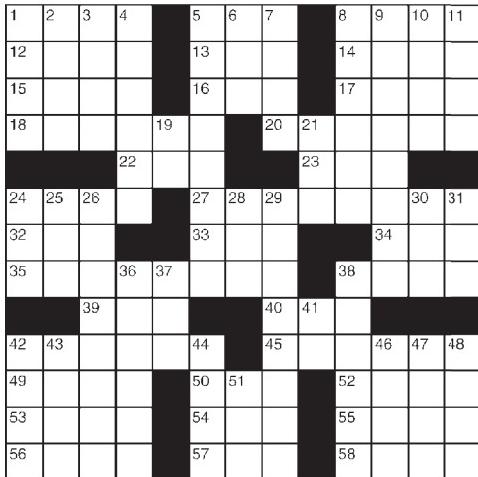
Asked by Cynthia McFadden about her loopy on-air behaviour and rumours of her taking pills in the past, Abdul says, "Never. I've never been drunk in my life. I don't like it. It's not my thing ... Will not

METRO NEWS SERVICES



**Michele McDougall, Weather Specialist & Host – Breakfast Television**

'My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes.' **WEEKDAYS AT 6 A.M.**

**Crossword across**

- 1 Mid-May honorees
 5 Ref
 8 Unadulterated
 12 Grand story
 13 D.C. type
 14 Mimicked
 15 Crosby, Stills and —
 16 Ferrigno or Costello
 17 Secondhand
 18 Occurring last month
 20 With tenderness
 22 Vast expanse
 23 Nipper's co.
 24 Start of something big?
 27 Lisa, to Marge
 28 41
 30 31
 33 34
 36 37
 38 39
 40 41
 46 47 48
 49 50 51
 52 53 54
 55 56 57
 58 59

Crossword down

- 1 Carte
 2 October stone
 3 Atomizer output
 4 Division
 5 Transferred files
 6 Cattle call?
 7 Advertise
 8 Potbelly
 9 Buffalo resident, e.g.
 10 Fishing rod accessory
 11 Whirlpool
 19 Yours truly
 21 Work unit
 24 Sphere
 25 Compete
 26 In the ascendant
 28 Enzyme suffix
 29 Riot
 30 Type squares
 31 Same old same-old
 36 Bring about
 37 Caustic solution
 38 Allow to happen
 41 007's doctor foe
 42 Totals
 43 Condo, e.g.
 44 Oxen's joiner
 46 Boat's bottom
 47 Packs away
 48 Stratagem
 51 Ginormous

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	7	3	4	1	9	5	6	2
4	5	3						9
8	9		6					
2				9				
7			2		1			
3				4	8	6		
2	6	1	7	3				

Find today's answers + play more games at [metronews.ca](#)

SUDOKU SOLVE TIME: 17-21 minSmart
 Under 13 minGenius
 13-17 minScholar 21-25 minNot bad
 25+ minKeep practising

over medium heat. Add onions, garlic and ginger; sauté, stirring frequently, until onions are golden, 10 minutes.

- Stir in chili pepper, paprika, cumin, coriander, white pepper, cinnamon, cardamom seeds, bay leaves and salt. Stir briefly over medium heat. Stir yogurt and sour cream together, then stir into pot with 2/3 cup (150 ml) water. Add lamb, mix well and cover pan. Simmer until lamb is tender, about 1 1/4 hours.
- Add tomatoes, spinach and cilantro. Cook, stirring, until tomatoes are soft and spinach wilts, 2 minutes. Taste for seasoning and remove bay leaf. Serve garnished with fresh cilantro.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](#) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

ARIES

MARCH 21-APRIL 20



TAURUS

APRIL 21-MAY 21

GEMINI

MAY 22-JUNE 21



Be bold to defeat bashfulness. Trust affection to win over a friend. Say goodbye to a painful past.

CANCER

JUNE 22-JULY 22



Pardon an annoying coward who left a mess. An insulting accusation creates anxiety. An astounding dream leads you to good fortune.

LEO

JULY 23-AUG 23



A problem will be solved if you play it cool. Defenses cause your fight-or-flight mechanism to engage. Don't let a bad phone call ruin communication.

SCORPIO

OCT 24-NOV 22

SAGITTARIUS

NOV 23-DEC 21

A sentimental person exposes a new passion to you. Don't judge someone who lives in despair. Shake off your qualms by learning the facts.

CAPRICORN

DEC 22-JAN 20



Gambling causes a breach in a weak relationship. A shameless person is enthusiastic. There's a pointless argument over a ridiculous rule.

AQUARIUS

JAN 21-FEB 18



You won't want to heed any cries for help. An oddball gets ignored in public. A judgmental woman ridicules signs of growing older.

LIBRA

SEPT 23-OCT 23



PISCES

FEB 19-MARCH 20



A youngster wants you to take charge. The odds can be beaten. An entertaining adventurer attracts attention.

AVATAR VENUS**VIRGO**

AUG 24-SEPT 22



Try to hide some slobby personal habits. Unexpected demands widen your perspective. Change your tactics when mercy is shown.

PISCES

FEB 19-MARCH 20



A youngster wants you to take charge. The odds can be beaten. An entertaining adventurer attracts attention.

Everyone's getting a free* premium roast coffee.

Breakfast hours from 5:00 - 10:30am, April 20 to May 3.



*Small coffee only. Limit one per customer, per visit. Not available with any Extra Value Meal or value picks® offer. *Opening hours vary by restaurant. Until 11am on weekends. ©2009 McDonald's.

designer Depot dd LABELS

GIGANTIC DOLLAR SALE!

ENTIRE STORE \$1 BUY ONE GET 2ND

Presenting the \$1 Sale! For a limited time when you buy one item, you get the second item for \$1! Choose from a massive selection of Designer name brands - Womens Dress Pants, Womens Blouses, Baby doll Tops, Leggings, Poplin Skirts, Athletic Wear, Designer Executive Men's Suits, Designer Dress Shirts and Ties, Designer Dress Pants, Women's Suits, Daydresses, Printed Chiffon Dresses, Jeans, Tees, Hoodies, Shorts..

AND SO MUCH MORE! 4 BIG DAYS! THURS • FRI • SAT • SUN

designerDepot dd
LABELS



RED DEER

PARKLAND MALL
4747 67TH St.



CALGARY

NORTHLAND VILLAGE MALL
5111 NORTHLAND Dr. NW



CALGARY

SUNDRIE POWER CENTRE
2929 SUNDRIE WAY NE



EDMONTON

WEST POINT CENTRE
17540 100TH AVE



EDMONTON

SOUTH COMMON
1620 99TH ST. NW

*SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE • SOME EXCEPTIONS • SELECTION VARIES BY STORE • SOME ITEMS NOT EXACTLY AS ILLUSTRATED • WHILE SUPPLIES LAST • SEE STORE FOR DETAILS • EXCLUDES HOUSEWARES AND HOME DECOR